

What is WIC?

WIC is a Special Supplemental Nutrition Program for pregnant, breastfeeding, and postpartum women, infants and children up to 5 years of age. WIC provides healthy foods, nutrition education and referrals to other health and social services.

Who is Eligible?

- Pregnant women
- Breastfeeding Women
- Postpartum Women
- Infants
- Children ages 1-5 years

And You Must Meet the Following:

- Income Requirements (see chart)
- Be a Resident of Louisiana
- Have a nutrition related problem

Services WIC Offers:

- ✓ Nutrition Education and Counseling
- ✓ Breastfeeding Support and Education
- ✓ Childhood Immunizations (some clinics give shots others will refer you to another clinic)
- ✓ Referrals to other health/social service programs including; Medicaid, Family Planning, Food Stamps, TANF, LaChip.
- ✓ WIC Foods: Milk, Juice, Cheese, Eggs, Beans, Whole Wheat Bread, Cereals, Fresh Fruits & Vegetables, Infant Formula, Infant Cereal and Infant Fruits & Vegetables.

How to Become a WIC Participant:

- Call 1-800-251-BABY to locate the best WIC Clinic for you.
- Call that clinic. Make an appointment to see if you and/or your children are eligible for WIC.
- **Bring Proof of Income.**
For each person living in your house, bring one of these items:
 - Pay stub showing "gross income"
 - Current tax records
 - Letter from employer with salary amount
 - Proof of Social Security benefits
 - Alimony or Child Support Payments
 - Other proof (ask clinic)
 - ✓ Anyone on Medicaid, Food Stamps or TANF already has the right income for WIC. Please bring proof of participating in these programs.
- **Bring Proof of where you live:**
Bring one of these items:
 - Rent receipt
 - Utility bill
 - Other proof (ask clinic)
- **Bring Proof of Identification for each person who wants WIC benefits:**
Bring one of these items:
 - Driver's license
 - Birth certificate
 - State, School or Work ID
 - Other proof (ask clinic)

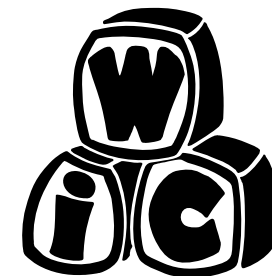
WIC Income Guidelines 2009-2010

Your gross income cannot exceed:

Household Members	Gross Annual	Gross Monthly
1	\$20,036	\$1,670
2	26,955	2,247
3	33,874	2,823
4	40,793	3,400
5	47,712	3,976
6	54,631	4,553
7	61,550	5,130
8	68,469	5,706
9	75,388	6,283
10	82,307	6,859

For more than 10 household members, or if you have any income questions, call 1-800-251-BABY or your WIC Clinic. Individuals with proof of Medicaid, Food Stamps, or TANF automatically meet income requirements.

- ✓ *One pregnant woman counts as 2 household members.*



Louisiana WIC Program

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